

## LIFE FITNESS

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# PARABODY®

## 824 LEG CURL/EXT ATTACHMENT

A technical line drawing of the 824 Leg Curl/Ext Attachment. It features a central vertical frame with four horizontal rollers. Each roller is cylindrical with a series of small triangles along its length, indicating a textured or padded surface. The rollers are mounted on a sturdy metal frame with various bolts and adjustment points.

A standard warning symbol consisting of a bold exclamation mark inside a triangle.

**WARNING:**  
Read and follow all directions  
for each step to insure proper  
assembly of this product.

## USER'S GUIDE

CLASS H  
PART # 7077101  
REV A

Version: 824107  
Revision: 03/01/01

8

TABLE OF CONTENTS

Safety Statement.....	2	Assembly Instructions.....	4
General Notes.....	3	General Operation.....	5
Tools Required.....	3	General Maintenance.....	6
Parts list.....	4	Warranty Statement.....	7
		Product Services.....	8
		Insert-Registration Card	

IMPORTANT SAFETY INFORMATION



THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES!

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

**NOTE:** In a continual effort to improve our products, specifications are subject to change  
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LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. **LIMITED WARRANTY ON FRAME AND WELDS.** If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.
2. **LIMITED WARRANTY ON PARTS.** If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumb screws, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.
3. **LIMITED WARRANTY ON CABLES AND UPHOLSTERY.** If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.
4. **CONDITIONS AND EXCEPTIONS.** Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.
5. **REPLACEMENT AND REPAIR EXPENSES.** ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.
6. **SHIPPING.** If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.
7. **CLAIM PROCEDURES.** If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.
8. **OWNER'S RIGHT.** This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.
9. **LIMITATION OF IMPLIED WARRANTIES.** All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.
10. **DISCLAIMER.** No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

MAINTENANCE

Please note:

- \* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your ParaBody customer service representative at (800) 328-9714.
- \* Inspect equipment daily. Tighten all loose connections or replace worn parts immediately. Failure to do so may result in serious injury

PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.

MODEL # \_\_\_\_\_

SERIAL # \_\_\_\_\_

DATE OF PURCHASE: \_\_\_\_\_

DEALERS NAME: \_\_\_\_\_

DEALERS PHONE # \_\_\_\_\_

Thank you for purchasing the ParaBody 824 Attachment.

IMPORTANT NOTES

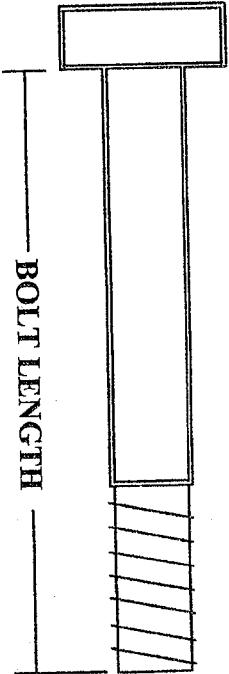
Please note:

- \* Thank you for purchasing the ParaBody 824 Gym Attachment. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- \* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

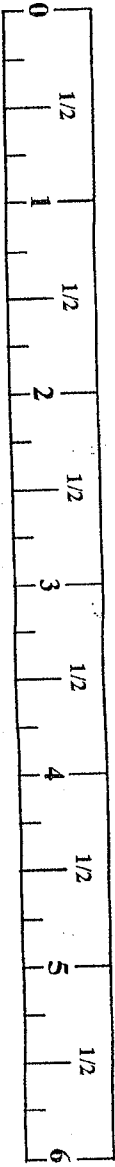
Tools Required for Assembly

- \* Ratchet, 3/4 socket or wrench
- \* Adjustable wrench
- \* Rubber mallet or hammer

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6416402	LEG EXTENSION	1	8	3102502	1/2" FLAT WASHER	2
2	6416302	LEG EXTENSION NECK	1	9	3102804	1/2" LOW HEIGHT LOCK NUT	1
3	6125101	ROLLER PAD SHAFT	2	10	6020601	1/2" FLANGE BEARING	2
4	6406501	U-PIN	1	11	3105401	3/4" STARKLOCK COLLAR	6
5	6194601	ROLLER PAD	6	12	6236701	1-3/4" SQ. END CAP	4
6	3102910	1/2 X 3" BOLT	1	13	3104301	3/4" SQ. RUBBER BUMPER	1

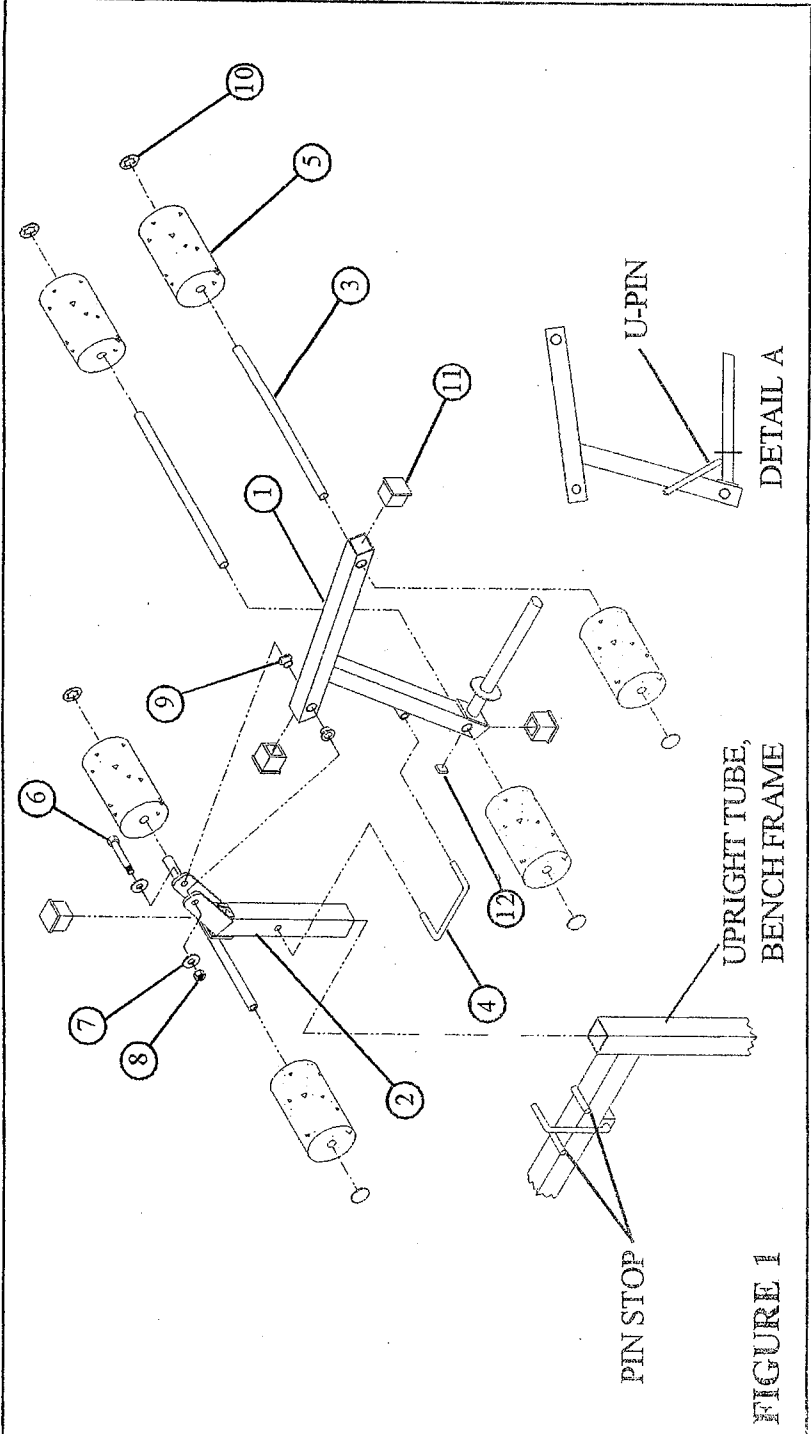


FIGURE 1

REFER TO FIGURE 1 WHILE READING ASSEMBLY INSTRUCTIONS

- \* Insert one 1-3/4" END CAP (11) into the top of the LET EXTENSION NECK (2).
- \* Slide two ROLLER PADS (5) over each end of the shaft on the LEG EXTENSION NECK (2) and hold in place using two STARLOCK COLLARS (10)
- \* Insert three 1-3/4" END CAP (11) into the ends of the LEG EXTENSION (1)
- \* Insert two 1/2" FLANGE BEARING (9) into the bushing on the LEG EXTENSION (1)
- \* Assemble the LEG EXTENSION NECK (2) to the LEG EXTENSION (1) using one 1/2 X 3" BOLT (6), two 1/2" FLAT WASHERS (7) and one 1/2" LOCK NUT (8). **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE LEG EXTENSION TO ROTATE FREELY)**
- \* Assemble four ROLLER PAD (5) to the LET EXTENSION (1) using two ROLLER PAD SHAFT (3) and four STARLOCK COLLAR (10)
- \* Attach one 3/4" RUBBER BUMPER (12) to the LEG EXTENSION (1) approximately as shown

INSTRUCTIONS FOR ATTACHMENT OPERATION

- \* To perform LEG CURLS or LEG EXTENSION, insert the LEG EXTENSION ASSEMBLY into the upright tube of the BENCH FRAME and tighten in place using the THUMBSCREW. To adjust the SEAT PAD for the LEG EXTENSION position, pull out on the U-PIN. Rotate the U-PIN back pass the first PIN STOP. Release the U-PIN and allow it to rest up against the first PIN STOP.
- \* To perform DECLINES or AB CRUNCHES, loosen the thumbscrew and pull up the LEG EXTENSION ASSEMBLY until the hole in the LEG EXTENSION NECK is exposed. Insert the U-PIN through the hole in the NECK and the BUSHING on the LEG EXTENSION (AT THE SAME TIME). Allow the U-PIN to rest on top of the UPRIGHT TUB. Retighten the THUMBSCREW. To adjust the SEAT PAD for the DECLINE position, rotate the U-PIN back to the SECOND PIN STOP.
- \* When U-PIN is not in use, insert it through the BUSHING of the LEG EXTENSION and position it behind the WASHER on the WEIGHT PEG of the LEG EXTENSION. (SEE DETAIL A).